



NOVEMBER 2018



NEWSLETTER



CELEBRATIONS

November 3 – Happy birthday coach Jordan!
 November 4 – Happy birthday Erica!
 November 22 – Happy Thanksgiving!



GYM NEWS

November celebrates our 10-year anniversary of doing business at the Shoppingtown mall. We will have a Spirit Week at both locations to show off our CNY pride that will culminate in a fun-filled bash on Saturday, November 10th at our Shoppingtown location 3:30-5:30 open to all!

****Please remember that all Spirit Week attire should be comfortable and appropriate for gymnastics.****

LOOKING AHEAD: We are hosting our annual Syracuse Gymnastics Sports Festival meet Nov. 30-Dec. 2 at the Oncenter. Our women's Xcel, J.O., men's J.D., and J.O. teams will be competing. Come show your support and cheer on all our team members!

SHOPPINGTOWN

We are having a month-long celebration to thank our loyal families for continuing to support the sport. The month will be filled with fun raffles, a prize wheel, a photo booth, tasty treats, and other fun events!

SKILL CLINICS: thanks to our great success in October we have high demand for more to work on those tricky skills!

Session 1 – 45 minutes to work on bar skills: pullover & back hip circle

Session 2 – 45 minutes to work on handstands on multiple events

\$20 for one session, \$35 for both. Open to all boys and girls in Pre-Beginner, Beginner Girls/Boys, and Intermediate Girls/Boys classes. Sign-up required. Members only.

Get to Know Your Instructors

Jordan

Jordan is one of our employees at our Great Northern location. She has been working with us at CNY Gym Centre for about five years now after competing for nine years up to Level 7. Jordan currently coaches Intermediate Girls and Skills classes. You can also see her smiling face and friendly voice at camp, birthday parties, and behind the desk. Her favorite event to compete as a gymnast was floor and is now her favorite event to coach. Jordan loves to watch the kids improve each and every week; it's so rewarding to see their excitement.



Spirit Week November 5-10

Color Wars Monday: Represent your class pride by wearing your colors!

- Kinderkids – Red
- Pre-Beginners – Green
- Beginner & Intermediate Girls – Purple
- Beginner Boys – Orange
- Rising Stars – Blue
- Ninja – White
- Girls Compulsory Team – Yellow
- Girls Optional & Xcel Team – Pink
- Boys Team – Orange

Pajama Tuesday: Who doesn't love being comfy and having fun?

Wacky Wednesday: Wacky patterns, silly hair, anything goes!

Superhero Thursday: All gymnasts are superheroes in our eyes; dress up like your favorite hero or villain! No masks or capes please.

Fantasy Friday: Aliens, mermaids, unicorns, dragons, knights, wizards, outer space, the list goes on!

CNY Spirit Saturday: Wear CNY apparel or our colors – black and green!

GREAT NORTHERN

We can't wait to see everyone sporting their CNY pride with the Spirit Week!

All are invited to our Shoppingtown location for the 10-year celebration on November 10th!

Please remember that on Thanksgiving and the Friday after we are closed. We re-open on Saturday.

NOVEMBER 10 10th ANNIVERSARY BASH

Goodies, games, prizes, and more! 3:30-5:30 pm

NOVEMBER 17 SKILL CLINICS

3:00-3:45 Pullover, back hip circle | 3:45-4:30 Handstand

NOV. 22-23 CLOSED FOR THANKSGIVING

Have a safe and happy holiday!

NOV. 30-DEC. 2 SGSF at the Oncenter

Come support our team at our annually hosted meet!

Instructor of the Month

Jaci Lafferty

Great Northern

Jaci always steps up to help in any way. Whether it's volunteering to take on more parties, desk, or classes, she's a hardworking team player!

www.cnygymcentre.com



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